

DPAC Partners—Please see the Press Release from the National Kidney Foundation of Michigan—a great example of what one DPAC partner is doing in Michigan!!!



Ann Arbor, September 26, 2007 – The National Kidney Foundation of Michigan is looking for community partners to improve the health and well being of minority men and women with chronic health conditions in the metropolitan Detroit area. The federally-funded, evidence-based program – called *Healthy Communities Start with You* - provides the skills and tools needed to promote excellence in patient care and improve health outcomes in under-served ethnic minority populations.

In Wayne County, Michigan, the prevalence of diabetes and hypertension are increasing faster than the state average as the resident population ages. Furthermore, given the concentrated ethnic and racial diversity in this area, the prevalence of related health disabilities is higher than the rest of the state. To successfully manage diabetes and hypertension, people must learn effective skills to change their lifestyles. The NKFM and its coalition partners, including Detroit Area Agency on Aging, REACH-Detroit, and ACCESS will address the need for comprehensive and multi-faceted outreach to improve the care of people with diabetes and hypertension.

This program will address two overarching objectives: 1) increase the number of people who learn how to successfully manage their health condition on a daily basis through participation in three evidence-based programs, Diabetes Self-Management Training, Stanford Chronic Disease Self-Management Program; *Tomando Control de su Salud*, and 2) decrease the number of inactive people by offering the low-cost, evidence-based physical activity program, *EnhanceFitness*. Participants will have multiple opportunities to set, achieve, and sustain self-management and healthy lifestyle goals. To assure that the programs are culturally appropriate, leaders and programs will be gender-specific as needed to reach Wayne County's racial and ethnic minority population, including African Americans, Hispanic/Latinos, Asian Americans/Pacific Islanders, Native Americans and Arab American/Chaldeans. All of these programs have demonstrated considerable health benefits to participants, are cost-effective, and provide a good return on investment.

“We need more organizations in the Detroit area to assist in the recruitment and referral of participants who will benefit from this interdisciplinary program,” said NKFM Director of Prevention Programs Arthur Franke. “As a result, people disproportionately impacted in the burden of chronic illnesses will be better equipped to improve their health and manage their symptoms.”

Interested groups and organizations can contact the NKFM at 1-800-482-1455 for further information.